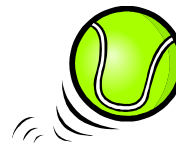


Class Description for Tennis Lessons
City of Sedona
Department of Parks and Recreation



Youth

Quick Start Pee Wee (4-5 yrs)

This class is for pre-schoolers and is designed to introduce them to tennis in a fun and simple way. Eye-hand coordination drills and introduction to forehand, backhand, volleys and serve.

Quick Start Level 1 (6-10 yrs)

Part of USA Tennis 1-2-3. This class is for students with little or no tennis experience. Class content includes eye-hand coordination drills and beginning stroke instruction. Forehand, backhand, serve, volley and scoring.

Quick Start Level 2 (6-10 yrs)

This class is an extension of the USA Quick Start Level 1 class. Students are introduced to more extensive footwork and hitting. Students must have progressed through Quick Start Level 1 and/or have instructor approval.

Youth Level 1 (10-16 yrs)

USA Tennis 1-2-3: Level 1 is an introductory, progressive program designed to announce students to the game of tennis through a combination of lessons, lesson review and supervised play.

Youth Level 2 (10-16 yrs)

USA Tennis 1-2-3: Level 2 is the next step in the USA Tennis 1-2-3 progression. Students receive stroke review and actual play with the instructor observing.

Adult

Adult Level 1

USA Tennis 1-2-3: Level 1 is an innovative instructional program designed for entry-level players. Introductory class for players with little or no experience. Emphasis is on basic stroke instruction (forehand, backhand, serve and volley) and scoring.

Adult Level 2

USA Tennis 1-2-3: Level 2 is four weeks of supervised play with lesson review and continuing instruction.

Adult Level 3- Drills

Singles and doubles strategy drills for USA level 3. Drills emphasize groundstrokes, serve, volleys, specialty shots, footwork and strategy.

Private Lessons

Private lessons are a great way to enhance your game!